

TENS - Transcutaneous Electrical Nerve Stimulations

Transcutaneous Electrical Nerve Stimulations (TENS) are safe non-invasive, drug-free methods of pain management. TENS is currently one of the most commonly used forms of electro- analgesia. The TENS device relieves pain by sending small electrical impulses through electrodes placed on the skin to underlying nerve fibers. TENS works by **two different mechanisms**.

First, electrical stimulation of the nerve fibers can block a pain signal from being carried to the brain. If the signal is blocked, pain is not perceived.

Secondly, the body has its own mechanism for suppressing pain. It does this by releasing natural compounds called endorphins which act as analgesics.

By effectively **managing pain without drugs**, TENS allows many people with chronic pain conditions to resume daily activity. TENS has proven to be beneficial in the treatment of acute and chronic pain caused by pain related medical conditions. When TENS is used as an analgesic, patients are instructed to try different frequencies and intensities to find those that provide them with the best pain control. Optimal settings of stimulus parameters are subjective and are determined by trial and error. **Electrode positioning is quite important**. Usually the electrodes are initially placed on the skin over the painful area, but other locations may give comparable or even better pain relief such as:

- Over cutaneous nerves
- Acupuncture points
- Trigger points

Powered Muscle Stimulator (PMS) is intended to stimulate healthy muscles in order to improve or facilitate muscle performance.

1. Relaxation of muscle spasms
2. Prevention or retardation of disuse atrophy
3. Increasing local blood circulation
4. Muscle conditioning
5. Immediate post-surgical stimulation of calf muscles to prevent venous thrombosis
6. Maintaining or increasing range of motion

Included in this package:

- 1 TENS EMS device
- 4 sets of self-adhesive electrode pads 2 ½ inches
- 4 sets of dual leads wire with dia. 3.5mm plug
- 3 AAA batteries
- Acupuncture Points Chart
- User Manual
- Warranty Card
- Pads holder
- Gift box

Illustrations of the device and accessories

Troubleshooting:

PROBLEM	CAUSE	SOLUTION
One pad feels stronger than the other.	This is normal. Different areas of your body will react differently.	Nothing needs to be done. Make sure the pads are moist and are making good contact.
During the massage, the skin feels a painful burning sensation or the stimulation becomes weakened.	Adhesive gel pads are not adhering firmly to the skin. Or the gel pads are too dry.	Apply a few drops of water to adhesive surface of each pad and make sure the pads are pressed firmly to the skin during application.
Unit is on, but no sensation is felt in the pads	Both pads are not firmly on the skin. Or there is a loose connection. Or the intensity level needs to be increased	Make sure both pads are firmly pressed to the skin. Make sure all connections are secure from the unit to the pads and the wires to the pads. Increase the intensity level
Adhesive gel pads do not stick to skin even after cleaning and moistening the gel pad.	Adhesive gel pads need to be replaced	Replace the set of pads. Pads can be purchased from www.HealthmateForever.com
Unit does not turn on or the screen is dim.	Battery is low	Recharge the battery

Does not provide adequate pain relief.

Not using it long enough or frequently enough. Not lying down when massaging neck.

Use your massager 20-30 minutes at a time, 3-6 times per day. Lie on your back for neck support when you need relief for headaches or neck pain.

Contraindications:

Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.

Warnings:

- 1) The long-term effects of chronic electrical stimulation are unknown.
- 2) Stimulation should not be applied over the carotid sinus nerve, particularly in patients with a known sensitivity to the carotid sinus reflex.
- 3) Stimulation should not be applied over the neck or mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.
- 4) Stimulation should not be applied trans-thoracic ally in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
- 5) Stimulation should not be applied trans-cerebrally.
- 6) Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.
- 7) Stimulation should not be applied over, or in proximity to, cancerous lesions

Precautions:

- 1) Safety of this device for use during pregnancy has not been established.
- 2) Caution should be used for patients with suspected or diagnosed heart problems.
- 3) Caution should be used for patients with suspected or diagnosed epilepsy.
- 4) Caution should be used in the presence of the following:
 - a. When there is a tendency to hemorrhage following acute trauma or fracture;
 - b. Following recent surgical procedures when muscle contraction may disrupt the healing process;
 - c. Over the menstruating or pregnant uterus;
 - d. Over areas of the skin which lack normal sensation.
- 5) Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium. The irritation can usually be reduced by using an alternate conductive medium, or alternate electrode placement.
- 6) Electrode placement and stimulation settings should be based on the guidance of the prescribing practitioner.
- 7) The device should be kept out of the reach of children.
- 8) The device should be used only with the leads and electrodes recommended for use by the manufacturer.
- 9) This device should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

Adverse Reactions May Include:

- Skin irritation and burns beneath the stimulation electrodes applied to your skin
- Headache and other painful sensations during or following the application of electrical stimulation near your eyes, to your head and face

You should stop using the device and consult with your physician if you experience any adverse reactions from the device.

Manufacturer's Warranty

- HealthmateForever guarantees this product free from defects in material and workmanship.
- Information regarding how to obtain your warranty service can be found on our website at www.HealthmateForever.com

Mode Descriptions:

We suggest that you initially experiment using each of the 15 modes. The mode or combination of modes that gives you the most desirable sensations and comfort is the most appropriate one to use for your current therapy session. Adjust the intensity as needed for each mode.

15 different therapeutic massage modes with different waveforms:

Neck, Shoulder, Back, Elbow, Hip, Ankle, Knee, Foot/Hand, Wrist, Knead, Acupuncture, Tapping, Cupping, Scraping, Random (rotates through all of the modes interchangeably)

15 Modes:

P1: Neck P2: Shoulder P3: Back P4: Elbow P5: Hip
P6: Ankle P7: Knee P8: Hand/Foot P9: Wrist P10: Knead
P11: Acupuncture P12: Tapping P13: Cupping P14: Scraping P15: Random

KNEADING	Simulating kneading penetrates into the muscles to help reduce tension, stress, & fatigue.
ACUPUNCTURE	Simulating acupuncture provides the same sensation without needles by utilizing electronic pulses to achieve the sensation of differing needle depths. The general theory of acupuncture is based on the premise that there are patterns of energy flow (Qi) through the body that are essential for health. Disruptions of this flow are believed to be responsible for disease. Acupuncture may correct imbalances of flow at identifiable points close to the skin. It has been known to help treat addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low back pain, carpal tunnel syndrome, asthma & many other things.
TAPPING	Simulating tapping is intended to produce a hard thumping sensation that massages your muscles, which can give you an invigorated and revitalized feeling - its especially effective for muscle relaxing
CUPPING	Simulating cupping, relatively constant stimulation contracts muscles. Used to help treat pain, deep scar tissues in the muscles and connective tissue, muscle knots, and swelling.
SCRAPING	Simulating scraping releases unhealthy elements from injured areas and stimulates blood flow and healing.

Cleaning and/or maintenance instructions:

- Make sure your skin has been cleaned of all dirt, oil, or lotions.
- When preparing to apply the electrode pads make note that putting a few drops of tap water on your fingers and rubbing them onto the electrode pads will help them maintain their adhesiveness.
- When your current session is complete, always turn the device off before the removal of the electrode pads from your body or before unplugging any of the lead-wires.
- Once the device is off, you may then remove the electrode pads & unplug the lead-wire(s) you used during your session.
- Place the protective film back on the pads or place the pads on the provided collection board.
- Store the unit in a cool, dry place until next use.

Features:

- A Large, easy to read LCD display of 15 modes, time, intensity and battery level indicator;
- Backlight: press any key to turn light on to see the LCD display either in the dim light or at midnight;
- Time setting, adjustable up to 80 minutes;
- 15 different therapeutic massage modes with different waveforms;
- Double value: 4 outputs with independent intensity control in Channel A1/A2, B1/B2;
- The device is powerful as 4 outputs have 100% power. The power is not divided by 4 outputs to weaken the strength;
- 20 intensity level settings;
- Speed (+) increases frequency of mode;
- Speed (-) decreases frequency of mode;
- The device is powered by replaceable 3 AAA batteries;
- Power saving with Auto shut off when the device is not used.

Modes icon descriptions:

EASY STEPS TO GET STARTED WITH YOUR THERAPY

Regular Application Principles:

1. Find the exact pain point; this is the position for the pads to be placed. The acupuncture chart can also serve as a guide for pad placement specific to each ailment.
2. Adjust the intensity gradually. It is more effective to reach the highest intensity level you can stand.
3. Recommended application duration is 2-3 times per day for 40-60 minutes per application, over 10 days for one course.
4. Pads can be placed in two ways:
 - Twin Mode - with the 2 pads next to each other on the same side of the body and in close proximity.
 - Opposed Mode - with the 2 pads on a similar spot, but on either sides of the body, i.e. the front and back shoulder.

Directions for use:

- Press the wire plug firmly to the output port at the top of the unit
- Connect the electrode pads to the electrode wire by inserting pins to the female pin electrodes;
- Remove the protective film and place the electrode pads on the targeted area, making sure that both pads are on the skin and not overlapping;
- To set the time of use, press the TIME+ or TIME- button on the left hand side of the device. Time is adjustable up to 80 minutes; Timing of treatment should be at least 10-20 minutes. However, you may treat yourself for as long as you like;
- Turn on the unit via the on/off switch; it will automatically start from mode 1;
- Change the modes by pressing one of the 15 different mode buttons displayed on the front of your device;
- Gradually increase the intensity by pressing intensity (+) button for the channel in use; to decrease the strength, press the (-) button for the channel in use;
- Intensity should be set at a level where you will experience some muscular vibration and involuntary muscle movements. It should be set to give a "comfortable" treatment. The treatment should not or need not be painful;
- Frequency of the treatment should be at one to three sessions every day initially, to get the most effective therapy. However, you may treat yourself as often as you like;
- Enjoy the unlimited soothing therapy anytime anywhere you desire.

HealthmateForever

TENS EMS unit

YK15

Relaxation, Anywhere, Anytime

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